



Race Day

Discussion Guide

So often we go through life expecting defeat. We think we'll never get the job. We think we'll never kick the habit. Maybe we think we'll never have that perfect relationship. But God does not want us to live like that; He wants us to live victoriously. And if we look at what God's Word says, it's evident that to start winning, we have to have a winning attitude.

Jump Start

1. Describe a time (silly or serious) when you were over-competitive.
 2. ***Victory starts in your head.*** Read [**1 Samuel 17:10-11, 16, 26**](#). The army was focused on how big and powerful Goliath was. But David was focused on how big and powerful God was. This is where victory starts. What “Goliaths” are you focused on right now? What do you need to do to switch your focus?
 3. ***Winners focus on the win, not the loss.*** Read [**1 Samuel 17:32-33, 37**](#). David was able to step into the battle with Goliath because he had seen God provide victory in the past. Big or small, name some victories you have already experienced. How do these victories encourage you for the future?
 4. ***Winners build on their successes.*** Read [**1 Samuel 17:39-40**](#). David knew he couldn’t go into battle with Saul’s heavy armor. He knew all he needed were his sling, his stones, and his faith. David was confident in what he had chosen because of the time he had spent with God as a shepherd. What current situation is God using to teach you what you need? What situations has He used in the past to show you how to depend on Him and win?
 5. Final Thought: When we read the Psalms, we realize one of the keys to David’s success was his prayer life. David wrote down his thoughts and reflections on his conversations with God as poetry or songs. As you are approaching the “Goliaths” in your life, be sure to keep in constant conversation / contact with God. Use the last few minutes of your Life Group to pray over the “Goliaths” you discussed in question two.

Deeper

6. **Read Ephesians 6:10-18.** In life you will have situations where you are challenged. You will need encouragement and the strength of God that is promised in the Bible. In Ephesians, Paul shares how we can be both equipped and prepared to face these challenges by the strength of our faith. He uses armor as an illustration. How can you put on each different piece of God's armor?
 7. **Read Hebrews 12:1-2.** If you are to develop a winning attitude, there are some things you must realize and do. What do you see in these verses?